

ROASTED TOMATO, TURMERIC and WILD RICE SOUP

Quantity	Ingredient	Preparation	Notes
2 tbsps	organic coconut oil or extra virgin olive oil		
2	medium onions- red, white, brown- doesn't really matter	Finely chopped	
1 good chunk	Fresh ginger	Fine julienne	
1 good chunk- size of a thumb	Fresh turmeric	Grated	Buy from the Asian supermarket
1/2 tspn	Cumin seed	Dry roasted	These can be done in a frypan altogether, then ground fine in a mortar and pestle, or a spice grinder
1/2 tspn	Coriander seed	Dry roasted	
1/2 tspn	Mustard seed	Dry roasted	
1/2 tspn	Cardomon pods	Dry roasted	
1	chilli		depends on your preference for heat how
2kg	Egg or roma or really good tasty tomatoes, organic good if you can get them or afford them (NOT the pinkish supermarket water-filled hydroponic version please)	Stems and or tops removed, quartered	
400gm	tinned chopped Italian tomatoes- organic good	Open the tin!!	
1 litre	Water		You could use chicken or vegetable stock too, if you have it, or a good quality stock cube- Massell is a good brand
130gms dry	quinoa, brown jasmine rice, red rice, black wild rice, mixed.		RicePlus is good- a pre-mix of various rices and grains and they do a gluten free mix now
	Sea salt and pepper to taste		

PROCESS

1	Pre-heat oven to 200deg- Place quartered tomatoes on a baking tray, add salt and pepper, place in oven, bake for 20-30 mins- till browning slightly (only a few brown bits- they should start to look dried out on top- I mean, don't nuke em ok?).
2	On the stove top- While tomatoes are roasting, to a large stainless steel (or non-reactive) pot, add coconut oil, heat over low heat, add onions and dry spices, chilli, and grated turmeric- lightly saute- good smells will start to happen!!
3	When tomatoes are done, remove from oven and add to the pot- juices, and all, scrape the tray.
4	Saute for a few minutes, mixing all ingredients
5	Add the tomatoes from the tin.
6	Add the water, and then the rice and grains.
7	Bring to the boil, then turn it down, put the lid on, and let simmer for around 30 minutes. Remove lid and stir occasionally as the rice may stick- the sugars from tomatoes will add to that effect, so take care.
8	When the ingredients have broken down and combined, and the rices have cooked, taste it, add salt and pepper to taste, then apply a stick mixer to smooth it out. I like to leave it with plenty of 'food' texture, as I don't like it perfectly 'tinned soup' smooth.
9	I served it with some fresh coriander and a little quark (cottage cheese), but you could also add some fresh spinach and/or fetta cheese- and then I've also reheated and added some chicken breast to it- just chop the raw chicken finely and it will cook through whilst reheating, make sure to bring the soup to a boil, and just check to make sure its cooked.

This makes about 2 litres of soup, which is about 6 large serves (I like large serves :-))